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[Walk 5 miles every day.](#)posted 19 days ago by [yudsfpbc](#) +48 / -0

If you're not used to standing and walking all day, start doing it now. You WILL be physically destroyed if you don't get in shape.

If you're not used to standing and walking all day, start doing it now. You WILL be physically destroyed if you don't get in shape.

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- [IGfodder](#) 4 points 19 days ago +4 / -0

If this is in reference to jan 6th, good idea. Long run also a good idea, another tip is to start weaning yourself off sugar (if your not diabetic). You don't wanna be caught dead in the water because you haven't had sugar in a couple days. Your bodies natural state is to produce sugar from your liver, very little outside sugar is needed and as modern day humans weve become accustomed to getting the majority of our energy from sugar, your stored fat is a much better and much longer lasting energy source. Start gearing your bodies to become fat adapted. That means no more then 50 carbs a day. Trust me, itll do you wonders for energy. Stuff yourself full of fat and protein and avoid the sugars.

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▲ 1 ▼

= [yudsfabc](#) [S] 1 point 19 days ago +1 / -0

Yep, in reference to 1/6.

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= [Serioussurfaholic](#) 1 point 19 days ago +1 / -0

I haven't eaten over 20g net carbs for over 2 years now. No more T2D meds for me, or any other meds for that matter.

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▲ 2 ▼

= [becky21k1](#) 2 points 19 days ago +3 / -1

Or maybe start easy, one mile, then two, then eventually five

You can make laps, too, it doesn't have to be like two and a half out and two and a half back. Just go around the same block a dozen times. That way you can push yourself, go until you can't, and you don't have to push yourself to go a long ways to get back home or to your car or whatever.

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= [Wa10kin](#) 2 points 19 days ago +2 / -0

Bring water, protein bars, ham radio, KG7..., GPS...signage.

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▲ 1 ▼

= [BlancheNegre](#) 1 point 19 days ago +3 / -2

Yeah I gained some weight because I have been under house arrest for almost a year now. My work has used (((working from home))) as an excuse to pressure us into working overtime for free to meet deadlines because "this is a salaried position BlancheNegre, you get paid at a fixed rate and it's your responsibility to finish all your work" . Little do they know I have reclaimed the hours they took from us by sleeping on the job for days. I have filed my resignation yesterday. I would rather uber for a few months or freelance instead of damaging my health and feeling stressed and demoralized while my boss squeezes us for "record profuctivity" while everyone in our department is seen online on MS teams, working into the night on weekdays and weekends.

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